



DEPARTMENT OF PUBLIC HEALTH, ALBERTA

MEASLES

RED DEER

FULL TIME HEALTH DISTRICT

Measles is one of the most common diseases of childhood and one so little regarded by many parents that they deliberately expose their children so that they may have the disease when young. Such parents do not realize that Measles and the complications following cause annually a large number of deaths.

More deaths occur from Measles in children under two years of age than from any other contagious disease. It is one of the most communicable and is infectious from the onset.

The contagion is conveyed to others by the discharge from the nose and throat and possibly from the fragments of the skin thrown off from the body while peeling.

The symptoms begin from twelve to fourteen days after exposure. The first symptom is like a severe cold in the head; reddened, swollen eyes, running from the nose, with a hard, dry cough and fever. The eruption appears usually on the fourth day, but previously spots can be seen on the inside of the mouth. The rash is blotchy red, often crescent in outline and over the whole surface of the body. This lasts for two or three days, when it begins to fade and the skin desquamates or peels off.

DUTIES OF PARENTS OR ATTENDANTS.

Each case should be reported immediately to the Secretary of the Local Board of Health or the Provincial Board at Edmonton.

[OVER]

Each case should be isolated in a separate room which must be cut off from the rest of the house as completely as possible. All rugs, curtains, etc., should be removed, and only such furniture as is absolutely needed kept in the room. A sheet kept moist with carbolic acid 5% solution (six teaspoonfuls to one pint of water) hung over the door. The room should be well aired and warmed and should be darkened during the early stages of the disease.

If possible, one attendant should look after the patient and should not come in contact with the other members of the household.

Glasses, dishes, etc., for the patient should be kept for his use alone. Any articles, such as bed clothes, handkerchiefs, rags, which are soiled by discharges from the nose, throat or other part of the body, should be burned or placed in an antiseptic solution (carbolic acid 5%).

All discharges from bowels should be received in a chamber which contains a solution of carbolic acid 5%.

When the skin is peeling, the body should be washed daily with soap and warm water and afterwards anointed with oil or vaseline.

When ready for disinfection the body should be bathed, the hair carefully washed, clean clothes provided which have not been in the sick-room, and the soiled clothes left in the room until disinfected.

Children or teachers in the same house must not attend school unless they are immune to the disease and until they have received a certificate from the local Medical Officer of Health.

Additional copies of this bulletin may be obtained from the Department of Public Health, Parliament Buildings, Edmonton.